



# *Healthy & Sustainable Monterey Park*



**Youth Workshop**  
**January 12, 2013**

# Agenda

## ■ Presentation

- Project Overview
- Health & Sustainability in Monterey Park
- Ideas from Community Members

## ■ Your Turn!

- Post-It Notes
- Survey
- RAFFLE!
- Small Group Discussions & Report Out

## ■ Stay Involved

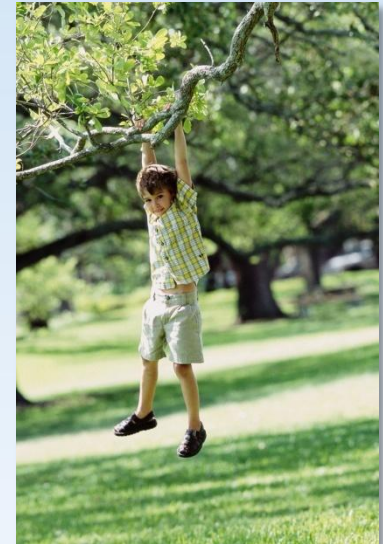


# PROJECT OVERVIEW



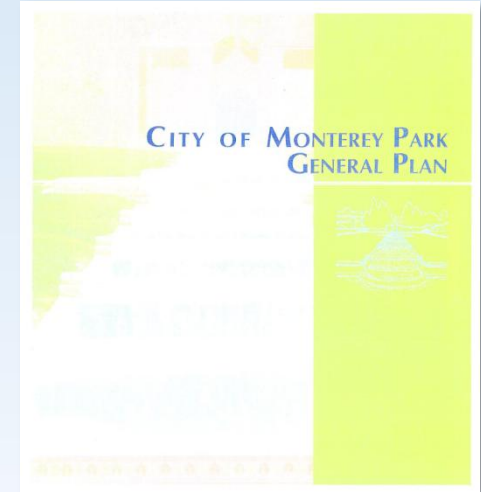
# Purpose and Background

- Promote increased quality of life for the Monterey Park community, through goals and policies that support improved ***health*** and ***sustainability***
- 2 New Chapters or “Elements” in the City’s General Plan
- Funded by a Sustainable Communities Planning Grant (California Strategic Growth Council)



# What is a General Plan?

- Long-term City plan
- Basis for City policies, programs, and ordinances
- Directs planning for land use, streets, water and sewer infrastructure, parks and recreation, safety, and other City functions
- Gives general guidance, not details of implementation



# HEALTH & SUSTAINABILITY IN MONTEREY PARK







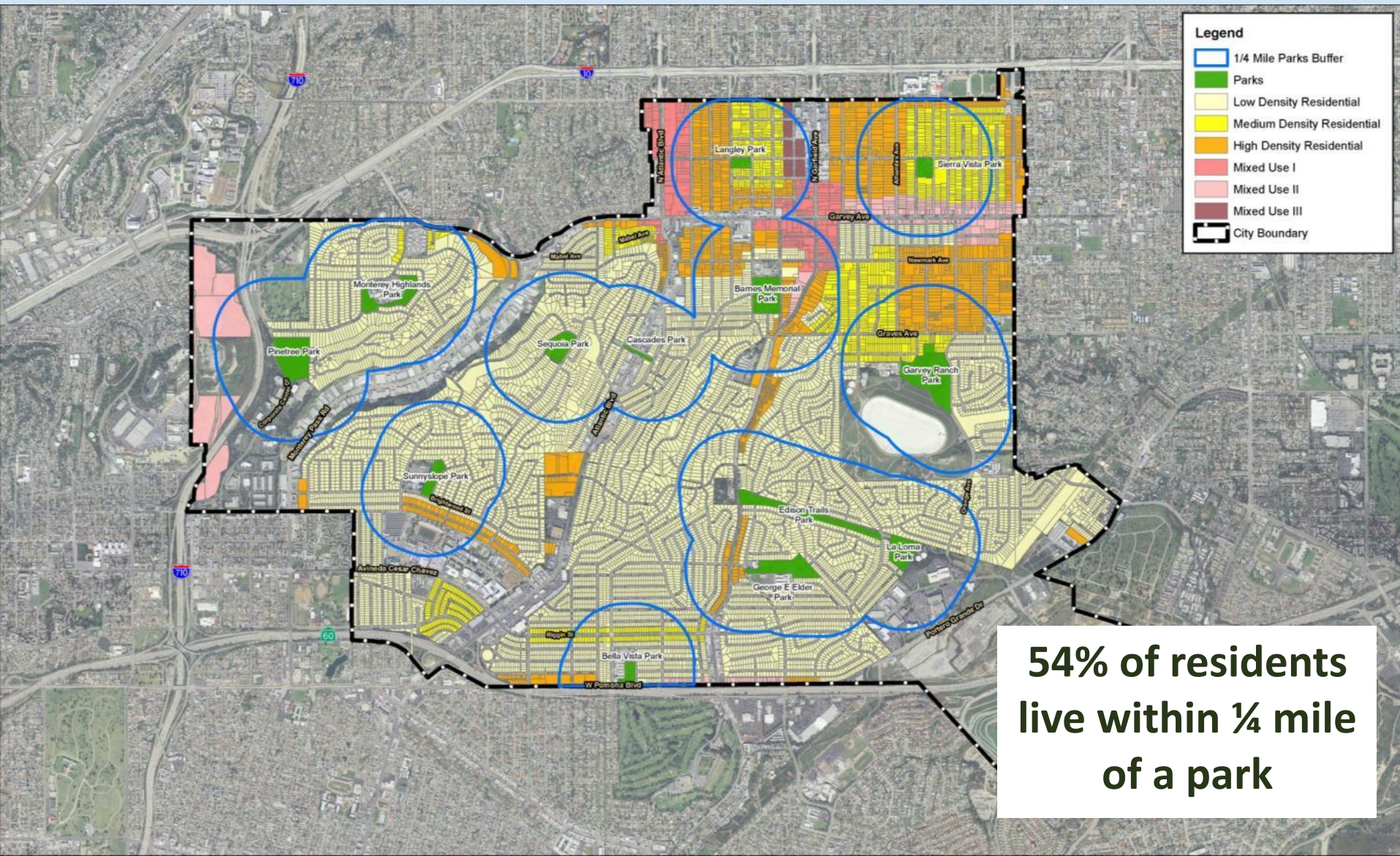
# Supporting a *Healthy* Community

- People make choices every day that affect their health and their family's health
- Is it easy to be healthy in Monterey Park?



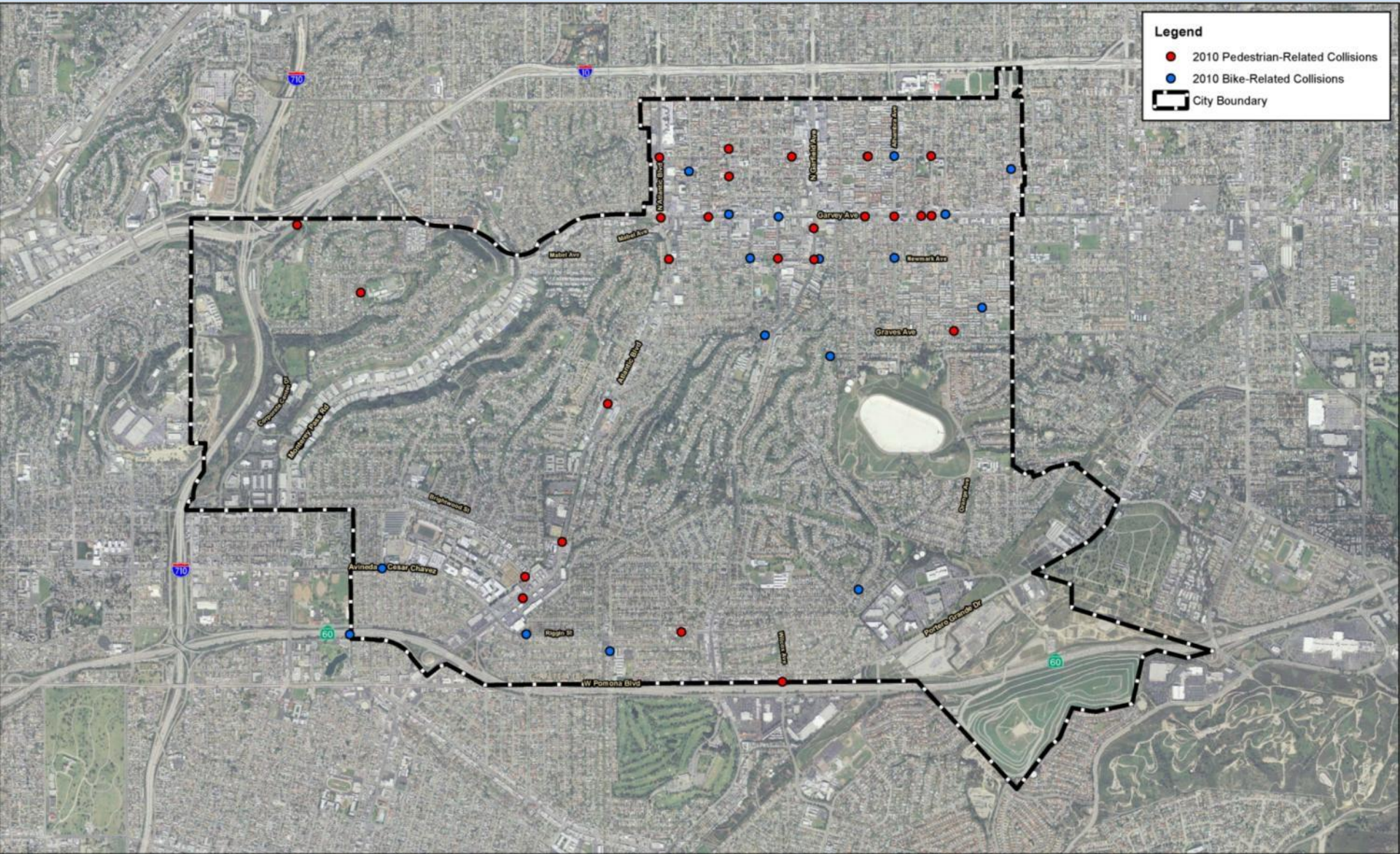


# Residential Uses within ¼ Mile of Parks





# Pedestrian & Bicycle Related Collisions (2010)



### Legend

● 2010 Pedestrian-Related Collisions

- 2010 Bike-Related Collisions

 City Boundary



# Supporting a *Sustainable* Community

- Cities use **natural resources** like energy, land, and water
- Cities affect **natural systems** like watersheds, ecosystems, and the atmosphere
- Can Monterey Park do better?



# Sustainability - Monterey Park Facts

## ■ Waste

- Generating .74 tons / person / year
- 35% of solid waste recycled or composted
- City target: 50% diverted
- State target: 75% diverted by 2020

## ■ Water

- Using 2.3 gallons / person / day
- City target: 20% reduction by 2020



*"Trash-o-saurus"  
made of 1 ton of trash*



# IDEAS FROM COMMUNITY MEMBERS



# Ideas from Community Members

- More & Better Parks
  - Community garden
  - Dog park
  - Encouraging physical activity
  - Improving maintenance
- Improving Streets for Walking & Biking
  - People are uncomfortable biking in the street
  - Trees, greenery, shade
  - Reducing litter
- Retail & Gathering Places
  - More dining, walking, “hanging out”
  - Healthy food retail





# Ideas from Community Members

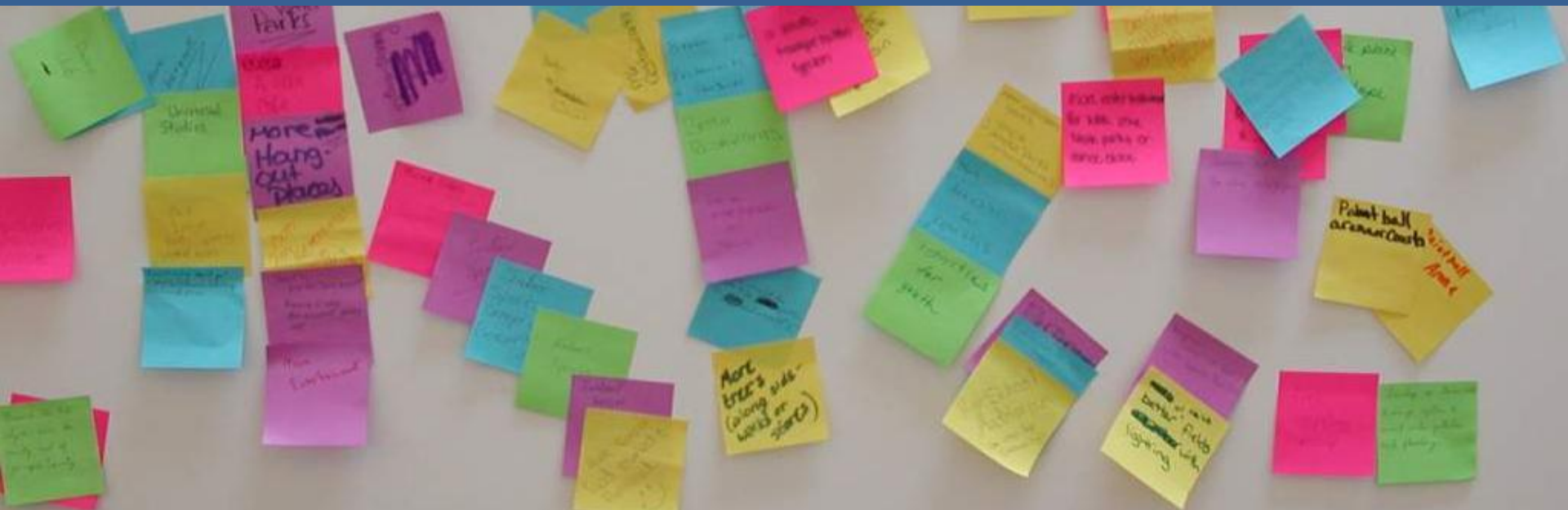
- Conserving Resources
  - Recycling
  - Solar panels
  - Water conservation
- Reducing Smoking
  - Second hand smoke
- Physical Activity & Recreation
  - More programs & activities
  - More opportunities!



# Community Vision

- *Breathing Clean Air*
- *Wisely Using Energy and Water*
- *Reducing Waste*
- *Being Physically Active and Enjoying the Outdoors*
- *Enjoying Our Neighborhoods and Gathering Places*
- *Eating, Selling, and Growing Healthy Food*
- *Walking and Biking Around Our Community*
- *Learning and Getting Involved*
- *Preparing for Emergencies*
- *Accessing Health Care*





# Your Ideas!

## 1. Write ONE thought per Post-It Note

- Community issue/need
- Idea for improvement

## 2. Place the Post-It Notes on the wall, putting each note under a topic



### **Topics from Community Vision:**

- Air
- Energy & Water
- Waste
- Physical Activity & Outdoors
- Neighborhoods
- Retail & Gathering Places
- Healthy Food
- Walking and Biking
- Learning & Getting Involved
- Emergencies
- Health Care

**Other Topics?**



# WHO'S IN THE ROOM?





# How To Use the Polling Devices



LED LIGHT  
SHOWS YOUR  
SCORE



KEYPAD  
NUMBERS  
1 – 5



# My favorite color is:

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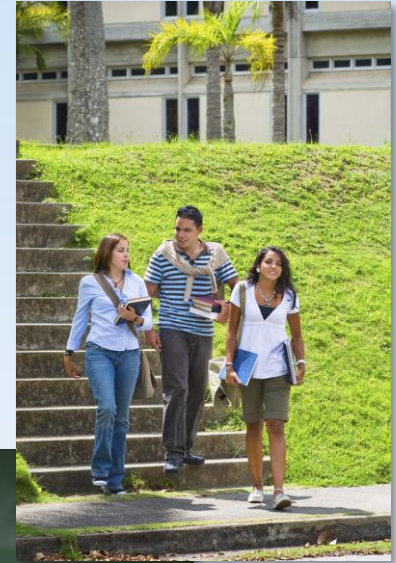
1. Blue
2. Green
3. Red
4. Yellow
5. None of the above



# What grade are you in?

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1. 6<sup>th</sup> or under
2. 7<sup>th</sup> or 8<sup>th</sup>
3. 9<sup>th</sup>
4. 10<sup>th</sup>
5. 11<sup>th</sup>
6. 12<sup>th</sup>
7. Not a student



# I found out about today's workshop:

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1. From another student
2. From a teacher
3. From a parent or other adult
4. Through a club or organization



# Of the two topics, the one that interests me most is:

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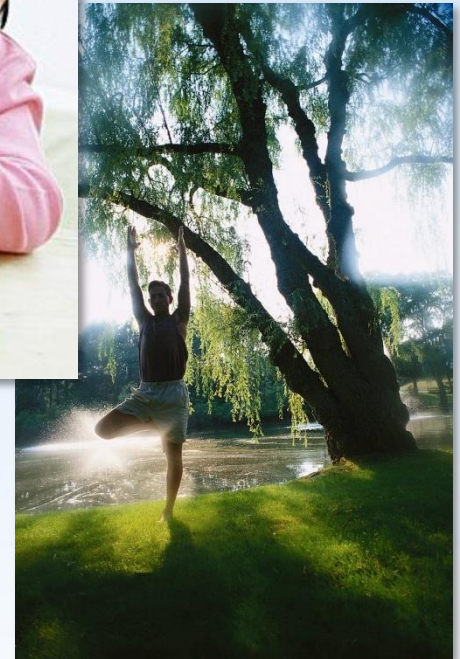
1. Health
2. Sustainability
3. Equally interested in both
4. Undecided





# I generally feel like I make healthy choices.

1. Strongly Agree
2. Agree Somewhat
3. Neutral/Don't Know
4. Disagree Somewhat
5. Strongly Disagree



# I know lots of things I can do to be healthy.

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1. Strongly Agree
2. Agree Somewhat
3. Neutral/Don't Know
4. Disagree Somewhat
5. Strongly Disagree

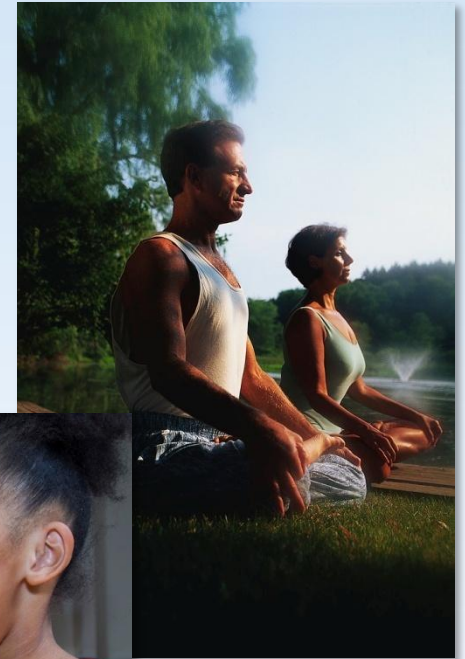




# Most people in Monterey Park make healthy choices.

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1. Strongly Agree
2. Agree Somewhat
3. Neutral/Don't Know
4. Disagree Somewhat
5. Strongly Disagree



# I often try to do things to help the environment.

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1. Strongly Agree
2. Agree Somewhat
3. Neutral/Don't Know
4. Disagree Somewhat
5. Strongly Disagree



# I know lots of things I can do to help the environment.

---

1. Strongly Agree
2. Agree Somewhat
3. Neutral/Don't Know
4. Disagree Somewhat
5. Strongly Disagree



# Most people in Monterey Park do things to care for the environment.

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1. Strongly Agree
2. Agree Somewhat
3. Neutral/Don't Know
4. Disagree Somewhat
5. Strongly Disagree







**TICKET**

358033

**RAFFLE!**





# SMALL GROUP DISCUSSIONS



# Small Group Discussions

## Exploring Key Topics and Themes

- Choose a topic that is important to you
- Groups will work for 20 minutes, then share results with everyone
- Afterward, you can add your thoughts to other groups' worksheets

### Group member roles

- Discussion leader*
- Presenter*
- Recorder*
- Timekeeper*



# SMALL GROUP REPORT OUT



# Stay Involved

- Visit the project website
  - [\*http://tinyurl.com/healthy-sustainableMPK\*](http://tinyurl.com/healthy-sustainableMPK)
  - Sign up for email
- Tell your parents and friends!





DIVERSIT

Signals of Success	Action Steps	Topic: <u>Small Town</u>
What should we try to accomplish?	What are our goals?	<ul style="list-style-type: none"> <li>• more community communication</li> <li>• bringing awareness to local opportunities and activities</li> <li>• bringing diverse people "to the Center" (outreaching)</li> </ul>
What are our goals?		Group Members: <u>Hanna Ali</u> <u>...</u>

**Thank You!**